Mind over Muscles

Structured, high intensity group training sessions that exude maximum effort by incorporating TRX suspension training, body weight, resistance bands, cones, and ladders.

Format and exercises are always different to avoid boredom and complacency. Increase muscular strength & endurance, aerobic & anaerobic endurance, coordination, speed, agility, balance, and flexibility.

Tuesdays & Thursdays

May 6 - May 29

Time: 9:30 - 10:30 am

Fee:

Resident \$80 Non-Resident \$120 4 Weeks = 8 Classes 432401-A

*Changes/Cancellations are subject to administrative fees

Registration and Classes held at the Surfside Community Center 9301 Collins Avenue

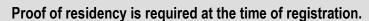
Drop in fee per class:

Residents \$15 Non-Residents \$23

Registration begins:
April 7



An out of gym experience



For more information please call (305) 866-3635 Website: www.townofsurfsidefl.gov



